



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 35232, Wocas, dried seeds, Oregon, yellow pond lily (Klamath)

Report Date: July 16, 2017 08:30 EDT

Nutrient values and weights are for edible portion.

Food Group : American Indian/Alaska Native Foods

Nitrogen to Protein Conversion Factor:5.3

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
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Proximates

Water ¹	g	9.36	1	--	2.65
Energy	kcal	361	--	--	102
Energy	kJ	1512	--	--	429
Protein ¹	g	7.90	1	--	2.24
Total lipid (fat) ¹	g	1.07	1	--	0.30
Ash ¹	g	1.65	1	--	0.47
Carbohydrate, by difference	g	80.02	--	--	22.69
Fiber, total dietary ¹	g	19.2	1	--	5.4
Sugars, total ¹	g	0.43	1	--	0.12
Sucrose ¹	g	0.00	1	--	0.00
Glucose (dextrose) ¹	g	0.43	1	--	0.12
Fructose ¹	g	0.00	1	--	0.00
Lactose ¹	g	0.00	1	--	0.00
Maltose ¹	g	0.00	1	--	0.00
Galactose ¹	g	0.00	1	--	0.00
Starch ¹	g	39.50	1	--	11.20

Minerals

Calcium, Ca ¹	mg	27	1	--	8
Iron, Fe ¹	mg	1.47	1	--	0.42
Magnesium, Mg ¹	mg	86	1	--	24
Phosphorus, P ¹	mg	229	1	--	65
Potassium, K ¹	mg	553	1	--	157

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Sodium, Na ¹	mg	25	1	--	7
Zinc, Zn ¹	mg	6.33	1	--	1.79
Copper, Cu ¹	mg	0.073	1	--	0.021
Manganese, Mn ¹	mg	0.937	1	--	0.266
Selenium, Se ¹	µg	0.7	1	--	0.2
Vitamins					
Thiamin ¹	mg	0.030	1	--	0.009
Riboflavin ¹	mg	0.070	1	--	0.020
Niacin ¹	mg	4.190	1	--	1.188
Pantothenic acid ¹	mg	1.300	1	--	0.369
Vitamin B-6 ¹	mg	0.957	1	--	0.271
Folate, total ^a	µg	5	--	--	1
Folic acid	µg	0	--	--	0
Folate, food ^{a 1}	µg	5	--	--	1
Folate, DFE	µg	5	--	--	1
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin E (alpha-tocopherol) ¹	mg	35.64	1	--	10.10
Tocopherol, beta ¹	mg	6.49	1	--	1.84
Tocopherol, gamma ¹	mg	1.80	1	--	0.51
Tocopherol, delta ¹	mg	1.30	1	--	0.37
Lipids					
Fatty acids, total saturated	g	0.147	--	--	0.042
4:0 ¹	g	0.005	1	--	0.001
6:0 ¹	g	0.000	1	--	0.000
8:0 ¹	g	0.000	1	--	0.000
10:0 ¹	g	0.002	1	--	0.001
12:0 ¹	g	0.002	1	--	0.001
14:0 ¹	g	0.004	1	--	0.001
15:0 ¹	g	0.001	1	--	0.000
16:0 ¹	g	0.083	1	--	0.024
17:0 ¹	g	0.005	1	--	0.001
18:0 ¹	g	0.020	1	--	0.006

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
20:0 ¹	g	0.006	1	--	0.002
22:0 ¹	g	0.009	1	--	0.003
24:0 ¹	g	0.010	1	--	0.003
Fatty acids, total monounsaturated	g	0.100	--	--	0.028
14:1 ¹	g	0.000	1	--	0.000
15:1 ¹	g	0.000	1	--	0.000
16:1 undifferentiated ¹	g	0.001	--	--	0.000
16:1 c ¹	g	0.001	1	--	0.000
16:1 t ¹	g	0.000	1	--	0.000
17:1 ¹	g	0.000	1	--	0.000
18:1 undifferentiated ¹	g	0.094	--	--	0.027
18:1 c ¹	g	0.089	1	--	0.025
18:1 t ¹	g	0.005	1	--	0.001
20:1 ¹	g	0.004	1	--	0.001
22:1 undifferentiated ¹	g	0.001	--	--	0.000
22:1 c ¹	g	0.001	1	--	0.000
22:1 t ¹	g	0.000	1	--	0.000
24:1 c ¹	g	0.000	1	--	0.000
Fatty acids, total polyunsaturated	g	0.161	--	--	0.046
18:2 undifferentiated ¹	g	0.144	--	--	0.041
18:2 n-6 c,c ¹	g	0.139	1	--	0.039
18:2 CLAs ¹	g	0.000	1	--	0.000
18:2 t not further defined ¹	g	0.005	1	--	0.001
18:3 undifferentiated ¹	g	0.009	--	--	0.003
18:3 n-3 c,c,c (ALA) ¹	g	0.009	1	--	0.003
18:3 n-6 c,c,c ¹	g	0.000	1	--	0.000
18:4 ¹	g	0.000	1	--	0.000
20:2 n-6 c,c ¹	g	0.002	1	--	0.001
20:3 undifferentiated ¹	g	0.002	--	--	0.001
20:3 n-6 ¹	g	0.002	1	--	0.001
20:4 undifferentiated ¹	g	0.000	1	--	0.000
20:5 n-3 (EPA) ¹	g	0.000	1	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
22:4 ¹	g	0.004	1	--	0.001
22:5 n-3 (DPA) ¹	g	0.000	1	--	0.000
22:6 n-3 (DHA) ¹	g	0.000	1	--	0.000
Fatty acids, total trans	g	0.010	--	--	0.003
Fatty acids, total trans-monoenoic	g	0.005	--	--	0.001
Cholesterol ¹	mg	0	1	--	0
Stigmasterol ¹	mg	4	1	--	1
Campesterol ¹	mg	7	1	--	2
Beta-sitosterol ¹	mg	35	1	--	10

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 13x, 2009 Beltsville MD

Footnotes

^a Food folate is the sum of 5-Methyl Tetrahydrofolate, 10-Formyl Folic Acid, 5-Formyl Tetrahydrofolic Acid and Tetrahydrofolic Acid

^b Food folate is the sum of 5-Methyl Tetrahydrofolate, 10-Formyl Folic Acid, 5-Formyl Tetrahydrofolic Acid and Tetrahydrofolic Acid